





600 Yard Swim (12 laps) 15 Mile Bike 5 Mile Run

## **Team Categories:**

3 person team - Combined ages of all team members

0 - 90 91 - 119 120+

## **Individual Categories:**

19 & under 20 - 29 30 - 39 40+

## Triathon

Saturday, October 22 9 a.m. Offutt Field House

## Register at the Frady Fitness Center or Offutt Field House by Oct. 14

\$10 Entry Fee due at registration Contact the Fitness Staff for more details at 294-5413/14